

# SPORT & FITNESS PROGRAMS



2022



GOLD COAST  
PERFORMANCE  
CENTRE

[www.goldcoastperformancecentre.com.au](http://www.goldcoastperformancecentre.com.au)

# GOLD COAST PERFORMANCE CENTRE PROGRAMS GUIDE



The Gold Coast Performance Centre is an unrivalled sports, accommodation and events facility on the south eastern coast of Queensland, Australia.

Opened in 2000, the concept for the Centre was developed by Olympian and past Gold Coast Mayor Ron Clarke (2004-2012). The building of the 8 hectare facility was funded by Philanthropist Charles Feeney.

The intention was to develop a multi-purpose sports centre which combined world-class facilities attractive for elite athletes, while having the ability to host residential sports groups and deliver health and fitness benefits to the local community. In September 2000 the Centre opened to athletes preparing for the 2000 Sydney Olympic Games and Sydney Paralympic Games.

In 2010 the Queensland Government's Department of Education (DOE) acquired the centre, building our capabilities to now offer teacher developed programs that address educational outcomes i.e. leadership and team building programs.

The centre features a range of world-class sporting facilities, including:

- Synthetic competition hockey pitch
- 50m international-standard swimming pool,
- Athletics track with turf infield,
- 600m2 open-air gym and more

Complemented by 9 Group Accommodation Lodges (292 beds), Conferencing Facilities and a 300 seat Dining Room.

The Programs Guide introduces you to the programs and activities available to our guests; which have the power to convert your groups visit into a transformational experience that will be remembered long after the event has concluded.

Our programs are conducted by the most experienced and engaging facilitators available including Sport Medicine Professionals, Teachers, Personal Trainers, Elite Athletes and Coaches. These facilitators will guide your group to achieve their own personal best, be that sporting success, character development, leadership aspirations or simply to live a happy, healthy well rounded life.

These experiences have been carefully selected and contribute to at least one of our 6 core concepts.

- Physical Fitness
- Mental Health
- Emotional Wellbeing
- Character Development
- Resources and Support
- Technical and Tactical

If you have a specific experience in mind that is not listed in this guide, please let us know and we will tap into our professional network to see if we can make it happen.





## SELF DISCOVERY PROGRAMS

### SELF DISCOVERY PROGRAMS

PRICE PER PERSON

AMAZING RACE	Combining physical challenges, mental puzzles and critical thinking, the Amazing Race is the ultimate test for teamwork and the perfect platform for leadership growth. A step up in problem solving, this activity challenges participants to apply knowledge to a variety of team situations and highlights the importance of skills like extrapolation and inferencing.	\$10.00
BUBBLE SOCCER	Bubble Soccer is a new sport; physically demanding, exciting and laugh out loud fun. It involves being strapped into a zorb ball and running around playing a full contact game of soccer.	\$25.00
LASER SKIRMISH	A fun outdoor combat team sport just like paintball, but without the bruises. Fire an invisible and harmless infrared beam - it's safe combat fun for all ages! Maximum 50 pax.	\$16.00
LEARN TO SURF	Experience the thrill of surfing and be a part of Australia's beach culture. Receive expert and safe tuition from our professional surfing instructors at the world famous Surfers Paradise beach. Techniques are easy to follow and will have you standing and surfing in your first group session. Transfers are available on request.	POA
TEAM BUILDING	Choose from two sets of team-building activities in which cooperation and effective communication are essential for success. Students will need to work together in order to achieve common goals.	\$10.00
STAND-UP PADDLE BOARDING	An emerging global sport with an Hawaiian heritage. Experience SUP boarding in safe 'flat water' environment within walking distance of the Gold Coast Performance Centre. Qualified instructors conduct the session incorporating technical instruction with an emphasis on participation and fun. Monday to Fridays, during school term.	POA
SPORT PSYCHOLOGY	Performance Psychology is for groups who have a focus on sports, and who wish to gain a better understanding of the mental skills needed to compete at a high level.	\$17.00
		Saturday Rates +\$2pp Sunday Rates +\$3pp

## RDK Sports International Information

RDK Sports International is an international sports consulting and management company, specializing in Athlete Management & Development, Sport & Sport Related Business Consulting, Sport Attraction, Mentoring Programs and Professional Development Programs & Experiences in Sport.

RDK Sports International offer a wide range of experiences in sport at the Gold Coast Performance Centre, ranging from athlete workshops to bespoke high performance training camps hosted by professional athletes and sports industry professionals.

These once in a lifetime experiences will shape and impact young athletes and students, forging their path to success in sport and life. The following sessions include Appearances (lecture style workshops) or Activations (physical sport-based sessions) which include meet and greet, anecdotal stories and elite sport knowledge.

If you want to inspire and motivate your group with an unforgettable experience, these are the sessions are for you.

### Programs Offered at Gold Coast Performance Centre

#### [Athlete Development Workshops & Experiences](#)

##### **Athlete Led Workshops**

In these sessions, your group will interact and hear from a current or former professional athlete on a selected of choice, including:

- Rising to the Challenge
- Leading with Influence
- Professionalism in Elite Sport
- Mental Wellbeing
- High Performance Behaviours
- Life as a Professional Athlete
- Social Media & Personal Brand



##### **Athlete Led Activations**

Our athlete activations are interactive and engaging movement sessions, where your group will get the chance to train with a professional athlete. These sessions could be in the form of:

- Skill & Game Play Sessions
- Team Building Exercises
- Boot Camps

##### **Sport Industry Professionals Workshops**

Connecting with key figures within the sporting industry including coaches, support staff, allied health professionals and administrators, your group is able to learn about the wide range of pathways in sport. Topics of these sessions include:

- Sport Career Transition
- Sport Career Pathways

#### [High Performance & Sports Development Programs](#)

Elevate your team of athletes at your upcoming High Performance Camp at the Gold Coast Performance Centre.

By incorporating elite athletes, sports professionals and outstanding training facilities, our high performance camps deliver your group invaluable performance outcomes through inclusive and fun experiences that can be implemented and adapted to the participants' sports and general life skills.

We are also able to provide your camp with allied health support throughout your stay, including access to physiotherapists, exercise physiologists, massage therapists, medical supplies and more.

High performance camps are completely customisable and adaptable based on your groups needs and can be planned by our expert team to maximise your stay at the Gold Coast Performance Centre.



## RDK PROGRAMS

RISING TO THE CHALLENGE Athlete Led Seminar	Resilience is a critical trait for all people in life, our athletes will share personal stories and experiences linking them with strategies for coping and overcoming challenges that are inevitable in sport and life.
LEADING WITH INFLUENCE Athlete Led Seminar	Development & identification of leadership styles and strategies and the way students can implement leaderships traits into sport and everyday life.
PROFESSIONALISM IN ELITE SPORT Athlete Led Seminar	Elite sport demands a high level of professionalism, your speaker will relate their experiences regarding the professionalism that is required in order to become an elite athlete.
MENTAL WELLBEING Athlete Led Seminar	In this invaluable session, you will hear experiences from professional athletes about the mental toll that sport can put on you, as well as provide every-day strategies to help improve and preserve mental wellbeing.
HIGH PERFORMANCE BEHAVIOURS Athlete Led Seminar	In this session, you will learn about the high-performance behaviours that are required to become a professional athlete and receive tips that you can implement to best prepare yourself to become an elite athlete.
LIFE AS A PROFESSIONAL ATHLETE Athlete Led Seminar	Get to know what life is like as a professional athlete. This is an interactive and fun session, where you will hear stories and interact with your speaker of choice.
SELF CONFIDENCE & BELIEF Athlete Led Seminar	We live in a time where most young people challenge their own skills and abilities and compare themselves with others too often. These sessions are important to promote a healthy self-image and the belief that we can all achieve great things.
SOCIAL MEDIA & PERSONAL BRAND Athlete Led Seminar	Social Media and having a personal brand are continuing to be an important aspect in a professional sporting career. Learn about the "do's and don'ts" of social media, how to grow your brand, opportunities available and how to find partners that align with your values.
SKILL & GAME PLAY SESSIONS Athlete Led Practical	Give your group the opportunity to learn from the best. Held by a professional athlete from the sport of your choice, develop and build on sport-specific skills.
TEAM BUILDING EXERCISES Athlete Led Practical	Team cohesion underpins any successful team. Joined by an elite athlete, your group will be taken through team building exercises to motivate and develop your people.
BOOT CAMP Athlete Led Practical	Push your group to the limit and train with the best in a bootcamp run by a professional athlete.
INDIGENOUS EDUCATION PRESENTATION Indigenous Led Practical	This program focusses on Aboriginal & Torres Strait Islander culture, activities and history with a representative from Harbrow Mentoring.
SPORT CAREER TRANSITION Sport Industry Professional	In this session your group will be taken through the important stages of entering and exiting a career in professional sport and taught key lessons on how to best prepare for these transitions.
SPORT CAREER PATHWAYS Sport Industry Professional	Hear from industry professionals about the wide range of career and education opportunities available within the sporting industry and how to develop your experience before entering the workforce.

Current Professional Athlete: \$30 per person, minimum of 20 people.  
Former Professional Athlete: \$25 per person, minimum of 20 people.  
Saturday Rates +\$2pp. Sunday Rates +\$3pp.

## ABOUT ATKINS HEALTH

Atkins Health are the Centre's onsite Allied Health Services Professionals.

At Atkins Health, we believe people deserve results. With proven methods and passionate practitioners, we believe we have what it takes to help people gain true success!

Atkins Health is a leading Exercise Physiology company in Gold Coast. We work with clients in clinic, in their homes, aged care, hospitals, and online. We serve a large range of conditions to help people in prevention, rehabilitation, and the recovery process.

"Through Innovation, Revolutionise Health"



## ATKINS HEALTH SERVICES

Atkins Health Accredited Exercise Physiologists specialise in clinical exercise interventions for people with a broad range of health issues. We design, deliver, and evaluate safe and effective exercise interventions for people with chronic medical conditions, injuries, and disabilities.

The conditions we work with include neurological disorders like Multiple Sclerosis, Parkinson's Disease, musculoskeletal and spinal cord injuries. We work with clients with cancer, cardiovascular, respiratory/pulmonary and mental health challenges. We have teams who specialise in Women's Health, Paediatric and Sports Injuries.

Our clients see 85-90% results through their planned programs. We have created specialised pathways for all our clients where we plan, train, and measure improvements, 6-weeks at a time.



## ENGAGING WORKSHOPS AND SEMINARS - ATKINS

PRICE PER PERSON

LONG-TERM ATHLETE DEVELOPMENT	This lecture and practical session will teach you how to build a strong foundation as an athlete, not just in a specific sport. You will learn fundamentals of key movements, key training variables and tips on monitoring fatigue, overtraining and more to maximise performance.	\$15.00
ATHLETIC DEVELOPMENT	This class will train you like an athlete, focusing on strength, power, agility, muscular endurance and flexibility.	\$15.00
SPORTS NUTRITION & DIETETICS	Covering the basics of living a healthy lifestyle and making healthy choices in nutrition and exercise. Learn how to fuel your body for maximum performance. (Min 20, Max 30 people)	\$15.00
DIETITIAN LED INTERACTIVE SHOPPING TOUR	A fun, practical workshop which will take you through the basics of a nutritious grocery shop. Learn where to find nutritious foods in store, identify common food misconceptions, and tackle the confusing world of food product comparisons by learning how to read food labels.	POA
JOINT STRAPPING	In this invaluable practical session you will go through strapping techniques for various joints and limbs. Learn how to prevent and manage injuries, prepare for competition and recover fast using expert techniques and materials.	\$15.00
MENTAL PREPARATION	Discuss mental strategies athletes can use to gain peak performance, learn how to come back from injury, and more.	\$15.00
MOBILITY AND FUNCTIONAL MOVEMENT	A practical workshop where you will learn techniques for soft tissue muscle release and why mobility is critical to efficient and optimal performance.	\$15.00
SPORT SPECIFIC STRENGTH & CONDITIONING SEMINAR	Strength and Conditioning is an integral element to an athletes career and performance. This lecture will cover the fundamental Strength and conditioning protocols necessary for optimal performance. Aimed at all levels of expertise from coaches to athletes this lecture will challenge your perspective and improve your understanding on how to foster optimal results.	\$15.00
SPORT SPECIFIC STRENGTH & CONDITIONING PRACTICAL	Recommended to do in conjunction with Sports Specific Strength and Conditioning Seminar or Physiology and optimising your training, this practical session will put into practice this new found knowledge on how we can unlock your body's true potential. Tailored to the needs of your chosen sport our team of Exercise Physiologists will put you through your paces and help you not only understand but feel the difference when training effectively.	\$15.00
SPORTS INJURY PREVENTION	An invaluable lecture for any young athlete, this session covers the importance of warm ups, cool downs and stretching, protective equipment and how to identify any predisposition to injury or illness. You will also learn about rehabilitation techniques and how to safely return to activity after initial treatment. For individuals and teams. (Min 20, Max 30 people).	\$15.00
CUSTOM ATHLETE MOVEMENT SESSION	Allow our Exercise Physiologists to work directly with your coaches to program a targeted session for your athletes. Sessions may include sport specific strength based training, wellness workshop, injury prevention, performance mindset to name a few.	POA
		Saturday Rates +\$2pp Sunday Rates +\$3pp



**AQUATIC  
ACTIVITIES  
AND EVENING  
PROGRAMS**

**AQUATIC ACTIVITIES**

PRICE PER PERSON

AQUAFIT	A low-impact, power-packed class in the indoor pool with the emphasis on fun. This choreographed exercise to music workout combines cardio and toning exercises using water as your resistance. A great alternative to land-based exercises if you have joint problems or injuries.	\$10.00
AQUATIC GAMES	A variety of games to suit all ages. Low-impact exercise to promote teamwork, enhance fitness and build water confidence. 20m or 50m pool.	\$10.00
AQUATIC RECOVERY CLASS	Apply exercise physiology principles to ease tight or sore muscles and boost recovery in the indoor or outdoor heated pool.	\$10.00
EXCLUSIVE POOL LANE BOOKINGS	Groups can book lanes per hour. Advance bookings are required and is subject to availability.  Outside of hours and public holiday rates apply.	\$20.70 per lane per hour (on-site groups) \$24.95 per lane per hour (off-site groups)
FREE PLAY 20M AND 50M POOL LIFEGUARDED	Lifeguard supervised free time.	POA
ICE BATH RECOVERY SESSIONS	Experience one of the best forms of recovery. Ice baths can be an excellent complement to a hard training sessions. Although this session may not be classed as particularly enjoyable, soaking in a tub of iced water after an intense workout or run can help boost the body's recovery processes and assist in injury prevention. Ice baths are most effective when taken within 60 minutes of finishing a workout. Advanced bookings required.	\$120 per session with instructor. \$69.00 per session without instructor (max 20pax) extra people \$3.60pp Price also includes 1 x 50m pool lane hire

**EVENING PROGRAMS**

PRICE PER PERSON

AQUATIC GAMES	Great evening activity in 20m heated pool. A variety of fun games to suit all ages. Low-impact exercises to promote teamwork and enhance fitness while building water confidence and having loads of fun.	\$10.00
FIELD GAMES	These hybrid games are designed to use a wide variety of skills and develop fitness performance. Held in the main stadium under the lights.	\$10.00
LASER SKIRMISH	Complete stealth night missions! Fire an invisible and harmless infrared beam to defeat the enemy. It's safe combat fun for all ages! 20 - 50 pax. *This activity can also be organised during the day.	\$16.00
MOVIE NIGHT	Enjoy the latest movie releases at the Gold Coast Performance Centre. A big screen movie theatre screen is set up for your enjoyment. Exclusive use for groups, the theatre can hold up to 60 movie-goers.	\$75.00 per movie
		Saturday Rates +\$2pp Sunday Rates +\$3pp

## FITNESS SESSIONS

\$10.00 Per Person

BODY PUMP	A pre-choreographed, non-impact workout using an adjustable barbell that challenges every major muscle in your body. Will tone and shape and is suitable for all levels of fitness.
BODY CONDITIONING	A conditioning class that will tone and shape your body using weights, barbells and lower body resistance techniques. Suitable for all levels of fitness.
BODYFIT	A fun, exercise to music workout that combines cardio fitness, core stability, balance, functional strength and flexibility.
BOXING	A high intensity workout focusing on agility and power, this session will certainly keep your heart rate up.
FUNCTIONAL FLEXIBILITY + YOGA	Perfect for a recovery activity. Improved flexibility can enhance sports performance and helps to reduce the risk of strains, tears and muscle soreness.
HIGH INTENSITY INTERVAL TRAINING (HIIT)	A fantastic all-in-one workout including cardio, weights, plyometrics, body weight exercise and cycle training. Suitable for everyone.
GRIT	A 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle. Using barbells, weight plates and body weight exercises GRIT will blast all major muscle groups.
PILATES	Flexibility, strength and core movements helping tone and strength muscles. A floor work class teaching the basic fundamentals. 20 - 30 people.
RPM	High-energy indoor cycling class. Experience rolling hills, winding roads, sprints and intervals. Great for all levels as you set your own resistance and pace. Max 30 people.
SPRINT	If you want to get fitter, faster, stronger with minimal impact to your joints then this is the workout for you! LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. Maximum 30 people.
ZUMBA	High and low-intensity moves for an interval-style dance fitness party.

## SPORTS DEVELOPMENT

PRICE PER PERSON

ATHLETICS	Multi-discipline athletics on our IAAF-accredited track and field facility, including long jump, shotput, discus, high jump and more.	\$10.00
BEACH VOLLEYBALL	Come try one of the most popular sports in the world and find out how hard it really is to play two and four a side volleyball on the beach.	\$10.00
GYM SESSION	We have strength and conditioning coaches as well as personal trainers available to facilitate group gym sessions focusing on correct technique and the benefits of resistance training. Select training times available.	\$10.00
HOCKEY	Test out our brand new synthetic hockey pitch. Work with a specialized coach and perfect your skills preparing you for an action-packed game.	POA
SPEED FOR SPORT	Using the exercising principles of speed and agility, these sessions are conducted by qualified instructors using speed ladders, macro and micro hurdles, and resistance equipment specific to your sport. Sessions can be conducted from beginners to an elite level in any sport. Great for all land-based team and individual sports (20 - 50 people).	\$10.00
SWIM COACHING	Push your team to the next level with expert coaching from our swim coach. Have your own coach? Refer to lane hire.	POA
TENNIS	Learn the basic skills of tennis which will get you serving and hitting forehands, backhands and volleys like a pro by the end of the session.	POA
TRIATHLON	Experience the thrills triathlon has to offer utilising the centre's pool, cycling track and brand new athletics track. Our professional staff will demonstrate what it takes to be a triathlete. Bikes are included.	POA
		Saturday Rates +\$2pp Sunday Rates +\$3pp

## EXPERIENCE THE GOLD COAST



### EXPERIENCE THE GOLD COAST

POA

MOVIE WORLD	For fans of all things Hollywood and cinema, step into a world dedicated to Warner Bros productions and the magic of the silver screen.
SEAWORLD	Get up close and personal with the natural wonders of the ocean at one of the Gold Coast's most popular theme parks.
WET 'N' WILD	For the water babies, Wet 'n' Wild is one of the biggest water theme parks in Australia. Slides and rides galore for people of all ages.
DREAMWORLD	Enjoy rides for all ages, animal encounters, and White Water World water park in Australia's biggest theme park.
PARADISE COUNTRY	Paradise Country is an authentic Australian farm experience with animal encounters and shows for the whole group to enjoy.
AUSTRALIAN OUTBACK SPECTACULAR	Perfect for tourists visiting Australia, this show is a fantastic one-night introduction to Australia's world famous Outback. Dinner included.
CURRUMBIN WILDLIFE SANCTUARY	Birds, reptiles and so much more, get to know some of Australia's most fascinating wildlife. Don't forget to feed the lorikeets!
Q1 SKYPOINT	Situated on the top floor of the Q1 on the Gold Coast, SkyPoint is a major attraction that offers 360 views of Surfer's Paradise and surrounding areas
GAME OVER HELENSVALE	Australia's first Electric Indoor Karting track, Clip 'N Climb adventure walls and Lazer Tag center.
SHOPPING EXPERIENCE	Harbourtown Outlet Shopping, Event Cinema experience and dining packages available.
BROADWATER PARKLANDS	A large community park located in Southport on the popular Broadwater waterways. Designed for large community gatherings and families alike. The park has many different areas for children and barbecue areas for families.

## 2-DAY SAMPLE ITINERARY

### Day 1

- **9:00 Arrive**  
Arrive and settle in at GCPC.
- **9:00 Team Building**  
Activities focusing on cooperation and effective communication.
- **10:30 Morning Tea**
- **11:00 Speed for Sport**  
Quick feet, fast pulse in this speed and agility focused class.
- **12:30 Lunch**
- **1:30 Skill & Game Play**  
Held by a professional athlete from the sport of your choice, develop and build on sport-specific skills.
- **3:30 Resilience Strategies**  
Athletes will share personal stories and experiences linking them with strategies for coping and overcoming challenges that are inevitable in sport and life.
- **5:00 GRIT**  
Interval training workout, designed to improve strength and build lean muscle.
- **6:00 Dinner**
- **7:00 Yoga + Functional Flexibility**  
Improve flexibility can enhance sports performance and helps to reduce the risk of strains, tears and muscle soreness.

### Day 2

- **6:00 Boot Camp**  
Military style fitness session, expect the unexpected.
- **7:30 Breakfast**
- **8:30 Sport-Specific Training**  
Jump in the pool, head out on the field or hit the track for your sport-specific training session.
- **11:30 Ice-Bath Recovery**  
Experience one of the best forms of recovery, in our onsite ice-baths.
- **12:30 Lunch**
- **1:00 Mental Wellbeing**  
Hear experiences from professional athletes about the mental toll that sport can put on you, as well as provide everyday strategies to help improve mental wellbeing.
- **2:30 Strength & Conditioning**  
An introduction to training in the gym. Learn how to lift with correct technique.
- **4:30 Depart**  
Depart GCPC to head home.

Challenge your athletes to a training intensive camp at the Gold Coast Performance Centre.

Your athletes will learn the physical and mental skills to take them to the highest pinnacle of their chosen sport.

*"Just wanted to say a huge thanks once again for all of your work bringing our camp to fruition with it being such a late booking, your work and attention to detail for us was greatly appreciated. We were really happy with it overall, and it was a great success for the athletes and coaches.."*

Miles Thompson  
Athletics Australia

